

MURRAY SENIOR RECREATION CENTER

2018 Recreation for 55+ September

Annual Open House and Family Concert

Mark your calendar for the Center's **ANNUAL OPEN HOUSE** on **Monday, September 10** from **5:00-8:00**. The theme will incorporate growing, learning, giving, and connecting at senior centers. A rib dinner with barbequed beans, potato salad, and peach cobbler will be served anytime from **5:00-7:00**. Dinner tickets are available for purchase at the front desk and must be purchased prior to Friday, August 31. The cost is **\$8** per person or **\$28** for a family of four. All ages are welcome.



The **free FAMILY CONCERT** begins at **7:00** and features *Mixed Nuts* and will be sure to entertain you and your family. Since their quiet beginning, this five-member ensemble has exploded into prominence, endearing itself to countless residents of senior centers and retirement facilities across the Salt Lake Valley. Playing the music of the big band era, in the minds of those who lived at that time, they reignite great memories of Glenn Miller, Benny Goodman, and countless other entertainers of the era.



www.facebook.com/MurraySeniorRec/
www.facebook.com/MurrayCityUtah/

Murray Senior Recreation Center



#10 East 6150 South
Murray, UT 84107

801-264-2635

seniorrec@murray.utah.gov
murray.utah.gov/140/Murray-Senior-Recreation-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed

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2018 Center Upcoming Closures

Monday, September 3	Labor Day
Monday, November 12	Veterans Day
Thursday, November 22	Thanksgiving
Friday, November 23	Thanksgiving
Tuesday, December 25	Christmas Day

2018 Special Events

Monday, September 10	Open House
Wednesday, October 17	Oktoberfest
Monday, November 5	Veterans Brunch
Wednesday, November 14	Thanksgiving Meal
Friday, December 7	Holiday Boutique



Murray City Administration

Mayor Blair Camp
 Parks and Recreation Director: Kim Sorensen
 City Council:
 Dave Nicponski, District 1
 Dale Cox, District 2
 Jim Brass, District 3
 Diane Turner, District 4
 Brett Hales, District 5

Murray Senior Recreation Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Callaway
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	Allie Rivera
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Don Smith
Building Attendant	Pete Wright

Advisory Board

Rod Young (Chair)	Christine Clark
Richard Clark	Brenda Clausen
Connie Gardner	Ed Houston
Jenny Martin	Pete Wright
Erich Mille	

Heritage Senior Adults, Inc.

DONATIONS made to the Murray Senior Recreation Center go to the Heritage Senior Adults, Inc. which is a 501(c) 3 and funds a scholarship program for our seniors.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for activities at the Murray Senior Recreation Center. Applications are available at the Front Desk or on our website.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Senior Adults, Inc. all the proceeds from sale of the cards.

Every time you swipe your rewards card at Smith's, we will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to us.

Add a tile to the **WALL OF SUPPORT** in the Murray Senior Recreation Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state of the art laser technology. This ensures strength and durability for a lifetime.

Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is also available for pick-up at the Murray Senior Recreation Center, online at www.murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Murray Senior Recreation Center and the suggested donation is \$1 per issue. *Newsletters are archived online.*

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is one working day, for trips or special events it is five working days, and for overnight trips it is five weeks to receive a full refund.

The Murray Senior Recreation Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray Parks" on your credit card statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMODATIONS** to participate in our activities. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

ANIMALS are not allowed on the premises of the Murray Senior Recreation Center except a dog that is—or is in training to become—a service animal as defined by Utah Code. The service animal must be wearing their service vest or the individual may present the animal's laminated identification card or another form of identification.

April Callaway is a **NOTARY** and is available to sign documents that need to be notarized; this is a **free** service for Center participants.



Bus Trip Reminders

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the Murray Senior Recreation Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip escort will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

eBooks and eAudiobooks Class

On **Friday, September 7 at 10:30**, a representative from Murray City Library will teach you how to use **eBOOKS and eAUDIOBOOKS**. Bring your devices (tablet, smart phone, eReader, etc.) and all passwords for your accounts (Amazon, Apple, Adobe, etc.). Bring your Murray Library Card. If you don't have a Murray Library Card and would like one, please bring photo ID with your current address or a photo ID and a piece of mail with your name and current address. This is a **free** class. [Register now.](#)

History Class: World War I

On **Tuesday, September 11 at 10:30**, Jim Duignan, who originally hails from Dublin, Ireland and is a retired history teacher, will be presenting information on **WORLD WAR I**, also called the First War or the Great War. Jim will talk about the German invasion of Belgium which began on August 4, 1914 and the early stages of the war. He will discuss the use of trench warfare, the Armistice with Germany on November 11, 1918 that ended the fighting of the war on the Western Front, and the Treaty of Versailles on June 28, 1919 at the end of World War I. This is a **free** class. [Register now.](#)



Brain Health Class

On **Tuesday, September 18 at 10:30**, Kevin Duff, PhD ABPP-CN and professor of Neurology at the University of Utah, will be presenting this incredible class on **BRAIN HEALTH**. There is always new research taking place at the University of Utah and he is one of the leading researchers there. Kevin will review the current procedures for diagnosing Alzheimer's disease and related dementia, as well as what the future holds for this area of medicine. Current and future treatments for these late-life cognitive disorders will also be discussed. Finally, there will be an overview of ongoing and upcoming research studies at the University of Utah's Center for Alzheimer's Care, Imaging, and Research. This is a **free** class. [Register now.](#)

AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the fourth Tuesday each month. The next class will be on **Tuesday, September 25** from **9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. **Make checks out to AARP and pay the day of class. They do not take credit cards.** Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

Vital Aging

On **Tuesday, September 25 at 10:30**, Julie will present a new wellness class called **CREATIVE PROBLEM SOLVING TO REDUCE STRESS**. Tap into your creativity and learn how to approach problem solving from a different mindset. This class will look at methods to help you cope with typical or unusual issues that occur in daily living and strengthen your problem solving skills. This is a **free** class. [Register now.](#)

Julie Rael from Valley Mental Health's **VITAL AGING** project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

Social Security Class

On **Thursday, September 27 at 10:30**, Tyler Petersen from Financial Insight will teach you how to maximize **SOCIAL SECURITY** retirement benefits for current and future incomes. This class will help you understand when you should begin receiving your Social Security retirement benefits, strategies you can use to boost retirement and survivor's benefits, how working after you begin receiving your benefits affect how much you receive, Social Security tax reduction strategies, how divorce or the death of your spouse impacts your benefits, and other commonly overlooked aspects of Social Security planning. This is a **free** class. [Register now.](#)

Painting Classes

John Fackrell's **WATERCOLOR** class will begin a new six-week series on **Monday, September 17** through **October 22** at **9:00-12:00**. Cost is **\$33**. Registration begins on Tuesday, August 28. Registration is limited to 15 participants.

John and Joan Fackrell's **ART APPRECIATION** class will begin a new six-week series on **Monday, September 17** through **October 22** at **1:00-3:30**. Cost is **\$33**. Registration begins on Tuesday, August 28. Registration is limited to 15 participants.

Sandi Olson's **PAINTING** class continues through **Wednesday, September 19** at **9:00-12:00**. Cost is **\$35**. Registration began on Tuesday, July 31. Sandi is knowledgeable and paints in both watercolor and oil; she has some experience with pastels and acrylics.

Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for students of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meets on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are welcome. Bring your ideas and projects to share.

In **CRAFTING WITH SUSAN**, the project for **Tuesday, September 11** will be a cute wood piñata door hanger. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. Class is at **2:30**. Register now. The deadline to register is Friday, September 7 to allow Susan enough time to obtain the supplies for class and cut the wood.

Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.

Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on **Tuesday** at **1:00, 2:00, and 3:00**. Bob can assist with computer or device help (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Glen Sisam's **GENEALOGY** class began a five-week series on **Wednesday, August 22** through **Wednesday, September 19** at **12:30-1:30**. A new session will begin on **Wednesday, September 26**. This is a **FREE** class. Space is limited to six participants. Register now.

Computer Lab

The **COMPUTER LAB** has six personal computers running Microsoft Windows 10. Computers are available anytime a group class is not being held. The Murray Senior Recreation Center also has an iPad available for use while at the Center, if you would like to try out a tablet.

There is no charge to use the computers, but users must sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or in the cash box located in the Computer Lab).

Readers Theater

The **READERS THEATER** troupe meets every **Thursday** at **3:00-4:00**. If you would like to participate, please come and join in the fun!

The troupe will occasionally perform their new plays at **12:30** between lunch and bingo on Fridays. They will be performing **THE DR. JILL SHOW** on **Friday, September 7**.

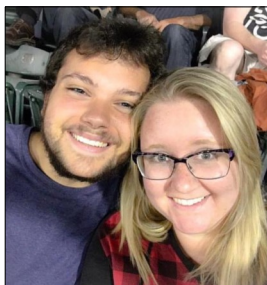


Please mark your calendars for
Friday, October 5
2:00-4:00

when we will have an opportunity
for everyone to come and celebrate
the upcoming marriage of
April Callaway & Aaron Guss.

Welcome, Allie Rivera!!

I am from North Carolina and have lived in Utah for 15 years. I graduated from Murray High School in 2008 and graduated Culinary School in 2013. I have worked in restaurants and the food service industry for about 10 years now. My husband and I have been together for 2 years and got married in June of this year. We have three cats and a dog. I love to put together jigsaw puzzles and read. My favorite things to cook are cakes and pastries—but cupcakes are my specialty.



Allie

Oktoberfest

The annual **OKTOBERFEST** will be held on **Wednesday, October 17** from **11:00-1:30**. Registration will begin on Wednesday, September 19. The meal will include a Salted Pretzel Appetizer with German Mustard or Cheese, Beer Bratwurst or Roasted Chicken Breast, Roasted Red Potatoes, Bacon Sauerkraut, and German Chocolate Cake. The cost is **\$8** per person or **\$56** for a table of seven.

When purchasing your seats, specify chicken or bratwurst for each person. Up to seven tickets (a table) may be purchased by an individual. Register early, seating is limited and tickets go quickly. The cancellation deadline is Friday, October 5 for a refund.

The entertainment will be provided by Polka Doodle Doo featuring Kevin Scott Christensen, a local accordionist who has been playing German folk songs for years. The troupe includes Mark Chaney on percussion and Pamela Lemons on clarinet.

Only ticketed individuals will be allowed in the dining room for the meal and/or entertainment.

Golf League

GOLF TOURNAMENTS are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100+ players who will participate in each tournament.

Sep 17 8:30 Talons Cove
Sep 24 8:30 Meadowbrook

Year End Golf Banquet

The **YEAR END GOLF BANQUET** celebration will be on **Monday, October 8 at Noon**. Join us for a great lunch, awards, prizes, and a guest speaker. Cost is **\$5** for golfers and **\$8** for a guest. Payment and registration due by Thursday, October 4.

Birthday Wednesday

Celebrate your **BIRTHDAY** on the first **WEDNESDAY** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you've hit a decade! There is free cake and ice cream for everyone to enjoy, too.

A special thank you to Memorial Mortuaries and Cemeteries for donating the cake!

Pen Pal Volunteers Needed

The 2018-19 school year is here and we will start our **PEN PAL** correspondence program the first week of October. We need approximately 30 Senior Pen Pals who would like to write a letter once a month to a 5th grade student at Liberty Elementary School.

Your letter to the student is dropped off at the front desk and then two weeks later you come by the front desk to pick up your reply from the student. During the school year there will be opportunities to meet your Pen Pal. This is a fun way to keep letter writing from disappearing and to help bridge the generation gap for these students.

Register at the front desk if you would like to be a Pen Pal. You must register again even if you have been a Pen Pal in the past.



Monthly Calendar

2018

Murray Senior Recreation Center

#10 East 6150 South
Murray, UT 84107

801-264-2635

heritage@murray.utah.gov
murray.utah.gov/140/Heritage-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday
Closed

MONDAY	TUESDAY
 <p>3</p> <p>CENTER CLOSED</p>	<p>4</p> <p>8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi 11:00 Canasta 11:30 Lunch 12:45 Crafters 12:45 Beginning Tai Chi 1:00 Computer Help 2:00 Beginning Line Dance</p>
<p>9:00 NIA 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance / Personal Training 1:00 Movie: Dr. No 2:00 Strength Conditioning 5:00 Open House 5:00 Rib Dinner 7:00 Family Concert: Mixed Nuts</p> <p>10</p>	<p>11</p> <p>8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi / History Class 11:00 Canasta 11:30 Lunch 12:45 Crafters / Beginning Tai Chi 1:00 Computer Help 1:30 Legal Consultation 2:00 Beginning Line Dance 2:30 Crafting with Susan</p>
<p>8:30 Talons Cove Golf 9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance / Personal Training 1:00 Movie: The Ultimate Gift 1:00 Art Appreciation 2:00 Strength Conditioning</p> <p>17</p>	<p>18</p> <p>8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi / Brain Health 11:00 Canasta 11:30 Lunch 12:00 Medicare Counseling 12:45 Crafters 12:45 Beginning Tai Chi 1:00 Computer Help 2:00 Beginning Line Dance</p>
<p>8:30 Meadowbrook Golf 9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance / Personal Training 1:00 Movie: Albuquerque 1:00 Art Appreciation 2:00 Strength Conditioning</p> <p>24</p>	<p>25</p> <p>8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance / Smart Driving 10:00 Swaner Preserve 10:30 Tai Chi / Vital Aging 11:00 Canasta 11:30 Lunch 12:45 Crafters / Beginning Tai Chi 1:00 Computer Help 2:00 Beginning Line Dance</p>

Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday** at **11:00**.

BRIDGE play is on **Wednesday** and **Friday** at **1:00-4:00**. Some players arrive early to practice and start finding first round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

CANASTA is played on **Tuesday** at **11:00-2:30** with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

PINOCHLE tournaments are held on **Wednesday** at **9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check in.

Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCING** is held on **Tuesday** at **9:30** for all dancers and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage.

Bingo

BINGO is played every **Wednesday** and **Friday** at **12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

A special **THANK YOU** to **Village Inn** for donating a pie each week for the elimination game and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

In order to offer the same quality prizes and games of bingo; we are suggesting the following donation amounts: **\$1** for 1-3 cards played; **\$2** for 4-6 cards played.

Game Day

Come join in on **GAME DAY** on **Thursday, September 13** and **Thursday, September 27** at **1:00**. We will have fun playing games like Mexican Train, Rummikub, Dominos, and other board games. We have Wii games available.

Monday Movie

Join us on **Mondays** at **1:00** for a **free MOVIE** and popcorn!



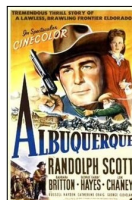
DR. NO

Monday, September 10
1962 / 109 minutes
British Spy



THE ULTIMATE GIFT

Monday, September 17
2006 / 117 minutes
Drama



ALBUQUERQUE

Monday, September 24
1948 / 90 minutes
Western

End of Summer Dinner Dance

On **Thursday, September 20**, we will be offering a **DINNER** at **6:00** and **DANCE** at **7:00**. We will be serving Pot Roast, Potatoes, Salad, Beverage, and Dessert. Cost for the night is **\$10**. Advance tickets are required for the dinner/dance and are available now for purchase.

Evening Social Dance

DANCE to the musical genius of Tony Summerhays each **Thursday night** at **7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Chuck-A-Rama, Theresa Brandon, and Kneaders Bakery and Café.

Haircuts

Jocelyn Anderson provides **HAIRCUTS** on **Wednesdays** from **9:00 to 11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**. The wash is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund.

Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **12:00 to 4:00**. Cost is **\$18** for a half-hour or **\$36** for an hour. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage.*

Blood Pressure

Community Nursing Services will be providing **free BLOOD PRESSURE** screenings on **Wednesday, September 5** from **10:30 to 12:00**.

Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Thursday, October 25** from **9:30 to 12:00**. The cost is **\$11**. Toenail scheduling begins Thursday, September 27. Payment is required at time of scheduling.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

Weekly Transportation

WEEKLY TRANSPORTATION to and from the Murray Senior Recreation Center is available for Murray residents on **Wednesdays**. This is a **free** service. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

Please let your homebound Murray neighbors over 55 know about this service. We would love to have them come and visit their Murray Senior Recreation Center.

Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge on the second Tuesday each month. Kyle Barrick will be here on **Tuesday, September 11** from **1:30 to 3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, September 18** from **12:00 to 2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

Flu Shots

Community Nursing Services will be at the Center on **Friday, October 5** from **10:00 to 12:00** administering **FLU SHOTS**. You will be able to choose the regular Influenza Vaccine (Quadrivalent four strain), High-Dose Vaccine (for over 65), or Pneumonia vaccine. This year, Prevnar 13 (PCV13) is recommended for all seniors 65 year of age and older that have not previously received this pneumococcal vaccination.

You **MUST** bring the following items with you before receiving your flu shots: insurance or Medicare card (must have Part B) and photo ID. Community Nursing Services is contracted to directly bill most health insurances.

If you don't have insurance, the regular flu shot cost is **\$35**, High Dose **\$50**, Pneumonia (PPSV 23) **\$90**, and Prevnar 13 is **\$190.00**. As we age, our immune system weakens and our ability to fight illness decreases. Adults age 65+ are more vulnerable to influenza. Vaccinations are safe, effective, and considered to be the best way to help protect against influenza. No sign up necessary.

Exercise Classes

GENTLE YOGA

Tuesday 9:00-10:00

Gentle in its approach and not as strenuous as other practiced forms of yoga.

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

BEGINNING TAI CHI (EIGHT-WEEK SESSION)

Tuesday 12:45-1:45

YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

ZUMBA

Friday 9:00-10:00

Involves dance and aerobic movements performed to energetic music.

CHAIR AEROBICS (25¢)

Wednesday and Friday 11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$15 monthly fee
- \$30 monthly Total Fitness Pass (includes all exercise classes and use of the exercise room)
- Class fees are **not included** in Silver Sneaker or Silver & Fit Medicare Supplement Insurance benefit

Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is \$1 per day, \$5 for the month, or free if you have Silver Sneakers, Silver & Fit, or purchase our \$30 Monthly Total Fitness Pass. Ask at the Front Desk for details.

University of Utah Students

The University of Utah Exercise and Sports students will be here every **Monday** and **Wednesday** at **12:30-2:00**.

The students teach a **BALANCE CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

This program has become one of our most popular classes as participants enjoy improving their fitness skills. These two classes are included with the Exercise Room fee.

Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

An eight-week session began on **Monday, August 13** and will run through **Monday, October 8** at **10:30-12:00**. The cost is **\$20** for the session or **\$3** per class.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to the sport, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

Heber City Trip to Granny's Drive Inn

Come take a drive with us to **HEBER CITY** and visit **GRANNY'S DRIVE INN** for one of their classic milkshakes. On the way back we'll drive through scenic Midway, then down Provo Canyon, and back to Murray. The trip leaves on **Thursday, September 6** at **11:00**. Cost is **\$8** and the milkshake is on your own. [Register now.](#)

Wendover

Travel to **WENDOVER** on **Thursday, September 13** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$20** per person which includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. The bus will depart the Center at **8:30** and return at approximately **7:00**. [Register now.](#)

BYU Museum of Art

Travel to the **BYU MUSEUM OF ART** on **Thursday, September 20** and experience the *Lasting Impressions: Etchings and Drawings by Carl Bloch*. Featuring 60 etchings and rare sketches by Danish artist Carl Bloch, this new exhibition is a remarkable and intimate look into the people and places that inspired the artist. The bus will leave the Center at **9:30**. The cost is **\$8**. Lunch will be on your own at the Museum Café. [Registration begins on Tuesday, September 11.](#)

Swaner Preserve and EcoCenter

Located on the entryway to Park City, the **SWANER PRESERVE** permanently protects 1200 acres of rare and critical habitat encompassing valuable wetlands, miles of streams, and diverse wildlife habitat. Over 140 species of birds and 50 species of wildlife can be found on the Preserve. We will explore the exhibit hall and interactive displays of the **ECOCENTER** and connect with nature by taking a walk on the 400-foot pier onto the Preserve.

The bus will leave **Tuesday, September 25** at **10:00**. After our tour of the EcoCenter, we will have lunch (on your own) at Kneaders. Cost is **\$8**. [Registration begins Wednesday, September 12.](#)

Front Runner to Ogden

For this unique trip we will be taking the **FRONT RUNNER** commuter rail train to Ogden's Historic Union Station on a museum and lunch tour. The almost century-old Union Train Depot houses four classic museums and the Union Grill Restaurant, where you are free to dine on your own.

Your trip includes entry to all four museums: Utah State Railroad Museum, John M. Browning Firearms Museum, Browning-Kimball Classic Car Museum, and the Utah Cowboy & Western Heritage Museum. *This trip will require extensive walking to and from the station, museums, and restaurants.*

Our bus will take you to the Murray UTA Front Runner stop at **10:00** and will pick you up again at 4:30 on



Thursday, September 27. If you would like to drive to the Front Runner stop on your own, you can. *Limit is 20 people*. Cost is **\$10** which includes your Front Runner ticket and entry into all four museums. [Registration starts Tuesday, September 4.](#)



Fall Colors

The **FALL COLORS** trip has become a favorite of the Murray Senior Recreation Center participants. With fall just around the corner, mark your calendars for **Thursday, October 4**.

We have chartered a bus which will leave the Center at **9:30** and return around 5:00. The cost is **\$32** and includes lunch and transportation on the bus. [Registration begins Wednesday, September 5.](#)

We will travel to Logan where we will have lunch at Angie's Restaurant (1/2 sandwich, soup or salad, dessert and beverage). After lunch we will visit Gossner's Cheese Factory. After our tour, we will drive through Huntsville, Mountain Green, Coalville, and then back to the Center through Parley's Canyon. Don't miss this yearly excursion and the opportunity to enjoy a beautiful fall day and the parade of colors.

SEPTEMBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  CLOSED	4 TACO SALAD Churro	5 SPAGHETTI WITH MEATBALLS Garlic Bread Side Salad Birthday Cake  and Ice Cream	6 TURKEY WRAPS Pasta Salad Brownie	7 CHICKEN PICCATA Roasted Red Potatoes Green Beans Jell-O
10 NO LUNCH	11 LEMON GARLIC TILAPIA Rice Mixed Veggies Chocolate Pie	12 ALFREDO Veggie Breadstick Ice Cream Sandwich	13 CHICKEN CORDON BLEU Broccoli Salad Pudding Cup	14 HOT DOG Chips Cookie Bar
Lunch is served Tuesday-Friday between 11:30-12:30 Make your lunch selection and then pay the lunch cashier Sandwiches, soup, or salads available as alternatives Prices range from \$2-\$4 Tickets for Special Events need to be purchased in advance				
17 NO LUNCH	18 PIZZA Salad 7-Layer Bars	19 HONEY GLAZED HAM Brown Sugar Carrots Roll Chocolate Cake	20 CHICKEN SALAD CROISSANT SANDWICH Chips Cookie	21 LASAGNA Garlic Bread Veggie Fruit Cup
24 NO LUNCH	25 CHICKEN FAJITAS Mexican Rice Fajita Veggies Churro	26 BURGERS Potato Salad Baked Beans Watermelon	27 FISH AND CHIPS Coleslaw Fruit Pie	28 CHILI Bread Bowl Veggie Yogurt Parfait